



# Post Vaccination Fact Sheet

## What to Expect After Getting a COVID-19 Vaccine

COVID-19 vaccination will help protect you from getting COVID-19. You may have some side effects, which are normal signs that your body is building protection.

### If you experience symptoms where you got the shot:

- Apply a clean, cool, wet washcloth over the area.
- Use or exercise your arm.

### You may also experience other common symptoms related to the vaccine. This includes:

- Fatigue
- Headache
- Muscle pain
- Joint pain
- Chills



If you have **only** these symptoms and **NO FEVER**, take acetaminophen (Tylenol) or a non-steroidal (like ibuprofen, Motrin or Advil). Your symptoms will typically improve in 24-48 hours. If they do not improve or you have any questions or concerns, contact Occupational Health or your health care provider.

### If you experience a fever or other symptoms NOT typically seen with the vaccine:

While fever may be a reaction to the vaccine, it could also be due to something else (including a COVID-19 infection unrelated to the vaccine).

If you have a temperature of  $\geq 100$ , or if you have other atypical symptoms, including:

- Loss of taste/smell
- Cough
- Shortness of breath
- Sore throat
- Diarrhea

You must contact Occupational Health before returning to work. If you have any of these symptoms, you may need a COVID-19 test.

The CDC and FDA have a robust safety monitoring system in place as public vaccination begins. Through **v-safe**, use your smartphone to tell CDC about any side effects after getting the COVID-19 vaccine. You'll also get reminders for your second dose. Learn more - [www.cdc.gov/vsafe](http://www.cdc.gov/vsafe). You are also encouraged to report possible side effects to the **Vaccine Adverse Event Reporting System (VAERS)** - <https://vaers.hhs.gov/reportevent.html>.



Get vaccinated.  
Get your smartphone.  
Get started with v-safe.

